



TWIN RIVERS YMCA CONNECTIONS

Bringing us together... from a safe distance.

May 6, 2020

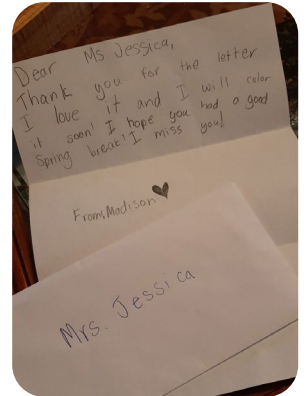
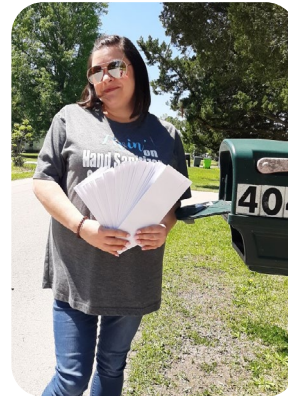
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SPREADING JOY

Some of our staff have been finding ways to spread a little joy around the community during this time of social distancing.

Family Services Staff sent letters to some of the kids in our After School program - and even recieved some replies! They have also made Activity Kits to deliver to any children in the area that need a creativity boost. Activity Kit drop-offs will continue through Thursday, 5/21, while supplies last. Please email Iesha Grove at igrove@trymca.org to schedule a time for our staff to drop off your kit.

Our Sports Director, Patrick Draffin, and his daughter, Berkeley, decided to be creative and color a fun chalk mural on their driveway. Sidewalk chalk is a great way to send encouraging messages to neighbors while remaining safe and distant. You can make your own sidewalk chalk paint with [this recipe from LivingWellMom.com](http://thisrecipefromLivingWellMom.com)!



How are you and your family spreading joy during this time?

COMMUNITY SUPPORT

Many community-granting organizations are answering the call to help nonprofits. Chick-Fil-A of New Bern generously donated \$500 to the Twin Rivers YMCA to help us continue to serve the community.



STRONG TO THE CORE

The muscles of the core basically extend from the base of the neck through the pelvis – those muscles between the shoulders and the hips.

Walking, reaching, bending, etc. stem from our core, so it is important to strengthen our core muscles as part of a well-rounded fitness routine! Strengthening the abdominals, muscles around the spine, abductors, adductors, and pelvic floor is crucial in maintaining good posture and balance throughout life.



Core exercises require no equipment, so they are the perfect low-impact, at home exercises! Some of these exercises include planks, bridges, and back extensions. Consider adding some core strengthening exercises to your healthy lifestyle and keep moving!

Check your member email later this week for a video about core strength by Twin Rivers YMCA Fitness Instructor and CPT, Duffy Huffman.

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WORDS OF ENCOURAGEMENT

“You are never too old to set another goal or to dream a new dream.”

– C.S. Lewis

FAVORITE BIBLE VERSE
Amy Walsh, Marketing Director

James 1:2-4

“Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.”



NATIONAL SALAD MONTH

May brings warm weather, making it the perfect month to make a refreshing salad and skip the stove or oven! Salads can be nutritional powerhouses, and can be colorful and visually appealing. There are endless possibilities for salads, but here are a few suggestions:

- **Try experimenting** - Use what you have in your fridge and pantry, or hit up your local produce stand or farmers market for some in-season fruits and veggies.
- **Add variety** - Try adding fruit, nuts, seeds, beans, and different greens.
- **Mix cold and warm ingredients** - Cold greens go well with warm vinaigrette or grilled fruit.



Here is a salad recipe to try, submitted by Iesha Grove, our Family Services Director:

CHICKPEA AVOCADO BEET SALAD

Ingredients:

Salad:

2 cups Baby Spinach
1/2 Sliced Yellow Pepper
6 Cherry Tomatoes
1/2 Avocado
1/2 cup Beet Slices
1/2 cup canned chickpeas, drained and rinsed
1 TBSP Hemp Seeds
1 TBSP Sliced Almonds
Sprinkle of Tuxedo Sesame Seeds

Wasabi Tahini Dressing:

1/2 cup Tahini
1/4 cup Water
1 TBSP Liquid Aminos
1 TBSP Pure Maple Syrup
Juice 1/2 Lemon
Garlic Powder
Onion Powder
1 tsp of Wasabi
Salt to taste

Directions:

1. In a medium bowl, add the dressing ingredients (tahini, water, liquid aminos, maple syrup, lemon juice, garlic powder, onion powder, wasabi and salt). Whisk together until fully combined. Set aside in the fridge.
2. Slice the pepper into small strips. Dice the avocado into small cubes. Wash and dry the spinach.
3. Put the spinach in a large salad bowl. Top with beets, peppers, tomatoes, avocado, and chickpeas. Drizzle the Wasabi Tahini Dressing on top to taste, and sprinkle the hemp seeds, almonds and sesame seeds on top. Enjoy!

Makes 1 serving.



Member Regina Galloway has been making hats and wreaths to donate to cancer patients and nurses.



Member Joan Coble misses taking classes at the Y, but has enjoyed some extra time with her horse, Buster.

THANK YOU FOR YOUR SUPPORT!

Without support from our members like you, we wouldn't be able to bring our community together!

"I'm so grateful to the Twin Rivers YMCA for giving me the opportunity to support the fight against COVID-19 through a well-organized blood drive. Even though it was nearly empty, it was a joy to pay a visit to a spot that has brought me and my family so many good memories. We're all in this together, and the Y is doing what it always does - bringing the community together during the best and worst of times (even if we're not physically together). Thank you TRYMCA!"

-Regina, Twin Rivers YMCA Member



WE WANT TO HEAR FROM OUR MEMBERS!

What have you and your family been up to? Have you started a new hobby or tried a new recipe? Learned a new skill or built a healthy habit? Maybe you have a favorite physical activity or family game!

Let us know! Email Amy at awalsh@trymca.org and you may end up in a future Connections newsletter!